

Abstract

A system for baking includes a generally concave pan having an upper opening and a generally concave lid engageable with the pan to cover the upper opening. The pan and the lid each have a substantially uniform and thin thickness. If the pan and lid are aluminum, the thickness is on the order of about 1.4mm to about 2mm. If the pan and lid are stainless steel, the thickness is about 0.4mm to about 0.7mm. When the lid is engaged with the pan, an enclosure is formed that provides fast heat transfer through the enclosure walls and also provides ready internal heat circulation achieving convective heating inside the enclosure. The pan can have a fixed handle, and the top can have a fixed implement groove or attachment. The top engages the pan via locating at least one detent inside the pan outer edge with at least one notch in a rim of the top. The system is re-useable for cooking multiple times. The pan of the system can serve as a serving dish.